

# Social Emotional Development

**Emotional Development: understanding how and why feelings and emotions occur in self and others and developing effective ways for managing those feelings. 1**

**a Self Concept 1.A**

**1 34-48 months 1.A.1**

- 1** Begins to see self as an individual with their own wants, needs, skills, and abilities. **1.A.1.1**
- 2** Chooses individual activities. **1.A.1.2**
- 3** Expresses self in different roles during pretend play. **1.A.1.3**
- 4** Compares self with others. **1.A.1.4**
- 5** Expresses own ideas and opinions. **1.A.1.5**
- 6** Begins to show awareness of own autonomy and boundaries. **1.A.1.6**

**2 46-60 months End of Preschool Standards 1.A.2**

- 1** Expresses and/or demonstrates an awareness of self as an individual with certain wants, needs, abilities, characteristics, preferences, and rights. **1.A.2.1**
- 2** Demonstrates self-direction by making choices among peers, activities, and materials. **1.A.2.2**
- 3** Tries new things and improves new skills with practice. **1.A.2.3**
- 4** Initiates actions or activities with peers. For example, inviting a friend to play. **1.A.2.4**
- 5** Uses a variety of materials with curiosity and interest. **1.A.2.5**
- 6** Shows ability to take care of personal or shared possessions. (e.g. backpack, toys, books). **1.A.2.6**
- 7** Shows ability to respect personal space and boundaries of other people. (e.g., checking before touching another person or showing concern when stepping on someone's foot). **1.A.2.7**

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**b Self-Regulation 1.B****1 34-48 months 1.B.1**

- 1** Demonstrates understanding of and ability to communicate developmentally appropriate basic safety guidelines. **1.B.1.1**
- 2** Shows progress in the ability to express and identify feelings, needs, and opinions across learning environments. **1.B.1.2**
- 3** Shows progress in ability to recognize and communicate feelings and emotions. **1.B.1.3**
- 4** Shows progress in sharing the attention of a trusted adult caregiver. **1.B.1.4**
- 5** Shows progress in turn-taking ability. **1.B.1.5**
- 6** With adult guidance, uses materials and equipment purposefully and safely. **1.B.1.6**
- 7** Begins to notice the cause and effect of own actions. **1.B.1.7**
- 8** Develops listening skills with intentional adult instruction and support.(e.g., teaching children that listening can look like giving their attention to others or events in various ways). **1.B.1.8**

**2 46-60 months End of Preschool Standards 1.B.2**

- 1** Expresses wants, thoughts, needs, and feelings through various methods of communication. **1.B.2.1**
- 2** Seeks adult support and engages in finding solutions to resolve conflict with peers. **1.B.2.2**
- 3** With support, listens to instructions before beginning an activity. **1.B.2.3**
- 4** With support, demonstrates an understanding of developmentally appropriate rules and routines. **1.B.2.4**
- 5** With support, demonstrates the ability to follow developmentally appropriate rules and routines. **1.B.2.5**
- 6** Shows progress in sharing materials with others. **1.B.2.6**
- 7** Waits for their turn in simple game or use of equipment. **1.B.2.7**
- 8** Demonstrates understanding of cause and effect of own actions. **1.B.2.8**
- 9** Shows beginning ability to co-regulate emotions and behaviors with a trusted, regulated adult. **1.B.2.9**

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**c Sympathy and Empathy 1.C****1 34-48 months 1.C.1**

- 1 Demonstrates a beginning ability to identify basic feelings of self and others in a variety of situations.(e.g., identifying that self or others feels happy, sad, or angry). 1.C.1.1
- 2 Demonstrates ability to be kind to self and others in a variety of situations. 1.C.1.2

**2 46-60 months End of Preschool Standards 1.C.2**

- 1 Demonstrates empathy through comfort and care of others. (e.g., asking “Are you okay?” or giving/requesting a hug or high-five). 1.C.2.1
- 2 Labels emotions of self and others, with support. 1.C.2.2
- 3 Asks “what” and “why” questions to understand the effects of behavior. 1.C.2.3
- 4 Shows progress in expressing feelings, needs, and opinions, in difficult situations such as conflicts, without harming self, others, or property. 1.C.2.4

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**d Adapting to Diverse Settings 1.D****1 34-48 months 1.D.1**

- 1 Explores objects and materials and interacts with others in a variety of new settings. 1.D.1.1
- 2 Begins to demonstrate ability to be flexible or adjust to routine or unexpected changes including physical setting, daily schedule, staffing and group size/attendance. 1.D.1.2

**2 46-60 months End of Preschool Standards 1.D.2**

- 1 Demonstrates ability to be flexible and adjust to routine or unexpected changes, including physical setting, daily schedule, staffing and group size/attendance, with adult support. 1.D.2.1
  - 2 Given prior notice (e.g., with a visual schedule or verbal/ nonverbal adult cues), adjusts to changes from one activity/setting to the next. 1.D.2.2
  - 3 Anticipates, with assistance, what will be needed in diverse settings. 1.D.2.3
  - 4 Follows rules in new or diverse settings. 1.D.2.4
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**Social Development: a child's ability to create and sustain meaningful relationships with adults and other children. 2**

**a Building Relationships with Others 2.A**

**1 34-48 months 2.A.1**

- 1 Separates from adults in familiar settings, with assistance. 2.A.1.1
- 2 Approaches others for assistance when needed. 2.A.1.2
- 3 Offers to assist others. 2.A.1.3
- 4 Expresses affection for others. 2.A.1.4
- 5 Follows guidance for behavior in different environments. 2.A.1.5
- 6 Identifies known safety roles and distinguishes between trusted and unknown adults. 2.A.1.6
- 7 Engages in parallel play (i.e., plays next to or near others without trying to influence the play or behavior of others). 2.A.1.7
- 8 Engages in interactive play with others. 2.A.1.8
- 9 Leads or participates in cooperative play with others 2.A.1.9

**2 46-60 months End of Preschool Standards 2.A.2**

- 1 Asks questions and checks with an adult as needed while exploring their environment. 2.A.2.1
- 2 Seeks help when needed for emotional support. 2.A.2.2
- 3 Shares information with at least one trusted person. 2.A.2.3
- 4 Works independently. 2.A.2.4
- 5 Works cooperatively with others to plan, create, and organize activities during play and solve problems as they arise. 2.A.2.5
- 6 Participates in group activities. 2.A.2.6
- 7 Uses different turn-taking strategies (e.g., trading, setting a timer, etc.). 2.A.2.7
- 8 Shows an increased ability to be friendly and flexible in play and to work cooperatively to resolve conflicts with peers. 2.A.2.8
- 9 Shows or communicates care or concern for others. 2.A.2.9
- 10 Makes friends with others. 2.A.2.10
- 11 Notices who is absent from a group setting. 2.A.2.11
- 12 Communicates wants and needs in a group setting. 2.A.2.12
- 13 Helps self and others when needed. 2.A.2.13
- 14 Knows and expresses self as a part of diverse groups. (e.g., family, preschool class, faith community, etc.). 2.A.2.14
- 15 Uses play to explore, practice, and understand social roles. 2.A.2.15

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**b Respecting Similarities and Differences** 2.B

**1** 34-48 months 2.B.1

**1** Notices similarities and differences in others. 2.B.1.1

**2** Develops relationships with others based upon shared experiences. 2.B.1.2

**2** 46-60 months End of Preschool Standards 2.B.2

**1** Recognizes and discusses similarities and differences in others. 2.B.2.1

**2** Notices that other children might communicate differently. (e.g., through nonverbal communication, different languages and/or dialects). 2.B.2.2

**3** Begins to think about a situation from the point of view of others. 2.B.2.3